

Fridge Salad, 230 calories



Total time: 10 mins

- 40g mixed salad leaves
- 1 small carrot, finely grated
- 2 spring onions, finely sliced
- 3 baby plum tomatoes, halved
- 8 slices cucumber
- 50g pickled baby beets, halved or quartered
- 38g feta cheese, broken into pieces
- 1 tbsp balsamic vinegar
- a good grinding of black pepper

Step 1 Layer your salad ingredients on your plate, starting with the salad leaves as a base.

Step 2 Top with baby beets and feta cheese.

Step 3 Finish with a drizzle of balsamic vinegar and some black pepper.